

Eastern Suck Factory  
A66 Naraina 2nd Area Phase 1  
gray gate - go in ground floor on left  
Fakir for suite Remnants

① Jan 1998  
② Baba Karan  
Singh Mang

# DELHI NETWORK

FEBRUARY 2000



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# Delhi Network

## Board Members

<b>President</b>	<b>Sue Lohage (acting)</b>	<b>622-3344</b>
<b>Vice President</b>	<b>Asha Nanavati (acting)</b>	<b>623-8162</b>
<b>Secretary</b>	<b>Barbara Holm</b>	<b>680-3766</b>
<b>Treasurer</b>	<b>Symran Wasser</b>	<b>98100 92725</b>

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<b>Blood Donor List</b>	Candy Gilmartin	614-8382
<b>Charity</b>	Minnie Butalia	649-5251
<b>Diplomatic Liaison</b>	Leena Hanevold	688-5508
<b>Handbook</b>	Laura Zylstra	462-3089
<b>Medical</b>	Clare Williams	687-2161
<b>Membership</b>	Sue Lohage	622-3344
<b>Newcomers</b>	Geraldine McKenna	614-1393
<b>Newsletter</b>	Vicki Fennessy	9810122135
<b>Office Manager</b>	Sandra Buhler	614-3115 (Office 679-1234 ext. 1505)
<b>Programs</b>	Jackie van Ommen	680-2136
<b>Social</b>	Asha Nanavati	623-8162

Dear Delhi Network Members,

Happy February to you all. I have just had 3 weeks in my home town of Melbourne and was not surprised to experience the full range of nature's variety of weather. It was delightful to experience simple pleasures, such as good water pressure, a barbecued lamb chop, oysters, scallops, gnocchi, etc. and I had a lovely, drooling time gazing into deli windows. Seems I am always drooling at windows when I go on hols! It's such a lovely feeling to experience, such a huge sigh of pleasure after the first mouthful that I feel sorry somehow for those back home who take it all for granted and take little pleasure in such simple things. However, it felt good to be back home here again, ready to enjoy Delhi's spring and Indian food.

Thanks to Erika Wilson and Buzz Burza for their pieces. After so many of you have returned from holidays, didn't you get an urge to write something to share with your fellow Delhi Networkers? Drop it in to the Office, we'd love to receive it!

Today we are voting to pass the new Delhi Network By-Laws, so to that end, we have included a copy of them in this newsletter for those folks who missed out last month. First time we have ever sold out of newsletters, well done! As well, we have articles on culture, food and the inimitable corny jokes. Don't miss the warning on microwave oven use on page 15.

The newsletter editors can be reached by phone or by email;

Vicki: vfennessy@hotmail.com  
Heather: heatherodarcy@hotmail.com  
(phone 467-9864)

VF/The Editors/February 2000



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Delhi Network meetings are held on the third Tuesday of every month at 10 a.m. at the Hyatt Regency Hotel. Entrance to a meeting is Rs 150 for members and Rs 200 for non-members. Annual membership is Rs 300. You can become a member at any monthly meeting or at the Delhi Network office. If you miss a meeting, you can get a newsletter from the Delhi Network Office at the Hyatt for Rs 50.

Delhi Network Handbooks are available for purchase at all meetings or at the office: cost Rs 300 for members and Rs 400 for non-members.

The Delhi Network office is located in the Hyatt's Shopping Arcade. The Office Manager is Sandra Buhler. Office hours are 10 am to 2 pm, Monday to Friday. Stop in for free advice, a newsletter or a Delhi Network Handbook if you missed the last meeting, or to drop off your newsletter contributions. We are seeking volunteers to work in the office. If you're interested (and it is a good way to meet new people), contact Sandra.

Delhi Network is a non-profit organisation whose main purpose is to support the expatriates living and working in New Delhi. Everyone on the Board and the committees volunteer their time.

Delhi Network does not necessarily endorse or recommend the businesses advertised in this newsletter.



# From Your President

The above heading is a little misleading! For all of you that were able to attend the January meeting, you will know that I am only the “acting” President until a new president can be elected in March. Unfortunately Leigh Ann had to resign from her presidential position for reasons outlined in her letter to us in the January issue. On behalf of all the members of Delhi Network I would like to extend our thanks to Leigh Ann and her Executive Committee. I would also like to thank the committee members for their invaluable support and help – being the “acting president” is only the tip of the iceberg, the real work is always done by the unsung heroines!

The January meeting was well attended, by both existing members, new members and visitors – in fact we ran out of newsletters but fortunately we were able to get more printed within a couple of days for collection from the office. The venue, although different, was popular with most of the members who enjoyed the informal atmosphere of the bar!

Delhi Network now represents forty-one nationalities - isn't this great! We truly can say we are a multi-cultural society, and we should take this opportunity to learn from one another.

We are still seeking nominations for the four Executive Committee positions: President, Vice-President, Treasurer and Secretary. A brief job description, plus the nomination forms are available from the office or you could use the sample form below, if you can't get there. Voting will take place at the March General Meeting, so do be sure to mark this date in your diary – **March 21, 10.00 a.m.** as we need you to record your vote.

Once our new board is appointed we can look forward to a terrific year for Delhi Network and I know they will receive our total support

Sue Lohage.

## DELHI NETWORK

### NOMINATION FORM

I, \_\_\_\_\_ wish to nominate  
\_\_\_\_\_/myself for the following position:

President

Vice-President


Secretary

Treasurer

I agree to being nominated for this position.

Signature: \_\_\_\_\_ Date \_\_\_\_\_



Neighbourhood Co-ordinators			Support Groups by Nationality
Your co-ordinator is here to help you settle into your new home. Give her a call and introduce yourself and find out who else lives in your area and when the next meeting is going to be held.			<b>American Women's Association (AWA):</b> American passport holders or their spouses can join. Call the AWA office at 419-8000 ext. 4131 or 8509 between 9 am and 4.30 pm Mon-Fri. Talk to Bridget or an AWA officer.
AREAS	CO-ORDINATOR	PHONE	<b>Australia and New Zealand Association:</b> Call Rose McCarthy 687-3813
Vasant Vihar/ Vasant Kunj	Vacant		<b>British Expats Group:</b> Contact Sylvia Johnson on 460-3851.
West End/Shanti Niketan/ Anand Niketan/Aradhana Enclave/Safdarjung Enclave	Terri Levan	467-1819	<b>Nederlandse Vereniging New Delhi:</b> Organiseert diverse evenementen en een maandelijks borrel. Als je lid wilt worden, of gewoon informatie wilt, bel Nanette Hulshof op 460-1660 of Gerco de Jong op 688-4951 (off)/614-9704 (res).
Chanakyapuri	Vacant		<b>NLRA (Nordic Association)</b> Contact names: Helena Sagar (Sweden) 614-9611 Anne Laipil (Finland) 614-4602 Kirsten Callinggaard (Denmark) 689-2401 Nina Husemoen (Norway) 621-8999 A forum where the Nordic community meets, socialises, and exchanges experiences in an informal atmosphere.
Barakamba Road	Vacant		
Greater Kailash I & II	Vacant		
Neeti Bagh/Gulmohar Park Defence Colony/Udai Park Anand Lok			
Jorbagh/Golf Links/Sunder Nagar Prithviraj Road/Aurangzeb Rd.	Vacant		
Panshcheel Park/ Haus Khas/ Green Park/Padmini Enclave/ Shivalik Navjivan Vihar/ Qutab Enclave/Mayfair Gardens/ Sarva Priya Vihar	Goretti Robertson	623-7809	
New Friends Colony/ Friends Colony East/ Friends Colony West Maharani Bagh	Josephine Feasey	693-4128	
Sainik Farms	<u>Martine Walsh</u>	696-0829	
Chattarpur/Jonapur/Gadaipur	Monica Modak	680-9365	
Bijwasan/Rajokri/Surpriya Vihar Gurgaon	Vacant		
For more information, please contact Geraldine McKenna on 614-1393.			

## Eggs in Bacon Rings

4 slices bacon  
4 eggs  
Salt and freshly ground pepper to taste  
Chopped parsley or chives for garnish, optional

Fry or broil the bacon until it is almost crisp. Drain on paper towels. Lightly grease the bottoms of a muffin pan and line the sides with the bacon. Add the eggs and season with salt and pepper. Bake in a preheated 350F (180C) oven for 8 to 10 minutes, or until the eggs are done to your preference. Garnish with chopped herbs if desired and serve immediately.  
Serves 2 to 4.



# LITTLE SPRIGS OF GREEN

*Aromatic, exotic and versatile, mint or pudina as we know it in India, is truly a herb for all seasons. Easily available and very affordable, it can tilt the flavour of dishes both savoury and sweet, hot and cold.*

Ever dunked a spring of mint into your morning cup of tea on a chilly, foggy morning? Sipped a glass of chilled buttermilk laced with the herb on a hot, hot afternoon? Chomped on spicy mint chops when the rain is pouring down in torrents? Well, give it a try.

The real name for mint is *mentha*, from the nymph Menthe who was the object of the Greek god Pluto's affection. His jealous wife Persephone metamorphosed her into this herb, to grow common and wild. It was not in Pluto's power to undo this awful spell but he could mitigate its harshness. So he bequeathed to her a wonderful scent. And the more she was trod upon, the sweeter she smelled.

This very commonality obviously turned into a blessing, for it is a plant now known universally not simply for its culinary appeal, but also for its almost magical medicinal properties. Originally a native of the Mediterranean region, it is now found all over the world. In India it grows bountifully in the Himalayan region and was an essential in the floating herb gardens of Kashmir. Today of course, it is cultivated extensively for commercial and home use.

It is a well established fact that mint has been known to man since antiquity. Ancient texts across the continents mention its usefulness. It was so highly esteemed among certain communities in Europe that it even formed part of the tax revenue! It is said that the Romans crowned themselves with this herb for they believed it stirred up the mind. They adorned their tables with its sprays to whet an appetite, and their cooks flavoured their meats and wines with it to make them appealing and aromatic. In India it gained quick acceptance in the home and hearth. Grandma's age-old concoction of boiling small quantities of *pudina* and *saunf* (fennel) in water, straining and cooling it before having a measure for that awful feeling in the tummy, established it as a stimulant and a carminative. While a flaskful of mint tea sipped over the day helped ease cold and congestion. A decoction of mint is known to equalise the circulation, so it is a good restorative. All this and much more.

Wherever this herb was introduced it was embraced with a passion. As with the inhabitants of the New World where even today the preparation of traditional mint julep is almost a ritual with an almost profound reverence for its ingredients. Tender mint leaves, sugar, crushed ice and bourbon are ceremoniously fused to create a drink that must be savoured in special mugs of silver or pewter. And to be sipped with straws protruding just above the rim to continuously get that whiff of mint. Never is the ceremony – as it is stated to be – ever handed to a novice.

And here in this country it was the preparation of *panna*, that ambrosial cooling nectar perfected to a high art in the rasois of Awadh. Young, green mangoes broiled over charcoal, peeled and pulped, ground to a fine paste with new leaves of mint. Sugar syrup, rock salt, pepper and water added in just the correct amounts. Then strained through fine muslin, chilled and served in deep bowls of sterling silver.

To return to mint in our meals, it is no doubt a favoured flavouring. Confectioners are partial to it and chefs incorporate it to give that special tang to savoury dishes. It is an invigorating addition to salads and *raitas*. A hint of mint elevates the most commonplace dishes to more than just the ordinary. Try fresh, tender vegetables, steamed and tossed in melted butter laced with *pudina*, or deep fried cubes of eggplant coated with curd with a dash of mint. *Alu rotis* get just that tangy touch with a pinch of mint. And relish the difference when pudina powder is sprinkled on a paratha. Discover *shammi kebabs* with a filling of chopped mint and *hara dhania* and experience the exotic *Sikandari Raan* attain new heights when mint is incorporated in its final basting. *Pudina* chutney of course adds a zing to any meal.

Available fresh, dried, as an extract and oil, mint is a must-keep in the kitchen. As a subtle difference is apparent in its various forms, each of these should be used in a specific manner to get that just-right aroma and taste. Fresh mint, green and vibrant is an excellent garnish and is best used for dishes consumed quickly and where you'd like to savour the pungency of the leaves. Once crushed or ground into a paste its staying quality is short, for it tends to lose both colour and taste. Dried mint has longer staying power and is best used in dishes that need to be made in advance. Mint oil and extract of mint, both highly concentrated forms and very aromatic, are to be used in minute quantities – they do excellently in desserts. Here an addition of green food colouring gives that cool minty shade to appeasing to the eye.

Since this herb is such an asset, it is imperative that it as at hand always. And it is quite easy to ensure that if you have it around. You really need not be dependent on your *subziwala* or greengrocer for that bunch of fresh mint. For this is one herb that requires the least effort to grow. If you don't have a vegetable patch, no problem. This herb grows well on your balcony too./ Fill a planter with rich soil. Get a few mint stems with even a hint of roots (there'll surely be some in the bunch you buy) and plant them in the pot. Keep the plant where sunlight is available and remember to keep the soil moist but well drained and watch it thrive.



## ANARDANA PUDINA CHUTNEY

1/4 cup *anardana* (dried seeds of sour pomegranate)  
1/2 medium bunch fresh coriander  
1/2 medium bunch fresh mint leaves / 1-1/2 tsps dried mint  
1 green chilli  
1/2 tsp roasted *jeera* (cumin seeds)  
Salt to taste  
Sugar to taste (optional)

Wash the *anardana* thoroughly. Cover with water and soak overnight. Grind to a rough paste. Add the rest of the ingredients and continue to grind til a fine consistency is reached.  
Excellent with potato pakoras / kebabs / samosa.

## MINT CHOPS SUPREME

500 grms mutton chops  
1/2 cup curd, whipped smooth  
1-1/2 tsps ginger-garlic paste  
20 fresh mint leaves  
1/4 cup green coriander leaves  
1 red Kashmiri chilli  
4 cloves  
Salt to taste  
Oil to shallow fry



Mix the ginger-garlic paste and some salt with the curd. Apply the paste to the chops and marinate for an hour. Cook til tender. Grind coarsely the mint, coriander and red chilli. Heat the oil in a heavy pan. Add the cloves to it. Place the chops in the pan, slowly adding to it the masala paste, sprinkling a little salt. Cook over a brisk fire til the chops are well done and coated over with the paste.  
Serve piping hot, with a generous squeeze of lime.

## MINT TEA

4 cups boiling water  
4 tsps dried mint / 8 tsps fresh mint leaves  
Honey to sweeten

Pour the boiling water onto the mint and infuse for several minutes.  
Strain. Stir in the honey.  
Can be had hot, or chilled.



## ARBI LAJAWAB

12 *arbi* (colacasia) (like little potatoes) large-sized and all approximately the same size  
1 tsp black pepper powder, coarse  
1 tsp dried mint  
1 tsp *ajwain* (omum) (bishop's weed)  
1/2 cup *besan* (chick pea flour)  
Salt to taste  
Oil to deep fry

Boil the *arbi* til tender. Place between palms and flatten. Mix together the *besan*, pepper, mint, *ajwain* and salt. Rub the *arbi* with this mixture. Allow to stand for half an hour.  
Heat oil in a kadai (frypan). Deep fry the *arbi* til golden and crisp.  
Garnish with mint leaves and serve hot.



# Dates for Your Diary

## Tuesday, February 15 *Delhi Network Gathering*



10 am  
Hyatt Regency Ballroom

## Tuesday, February 15 *AWA's Glimpses of India Lecture Series*

7.30 pm Drinks and Dessert  
8.00 pm Programme (45 mins)  
At the Pernell's house – 17A Prithvi Raj Marg  
(please park around the corner on Amrita Shergill Marg). Everyone is welcome.

## Saturday, February 19 *DCWA Handicraft Bazaar* at

the Sri Lankan High Commission, 27 Kautalaya Marg, Chanakyapuri (intersection of Shanti Path). From 1030 – 1500 hours. South hand embroidered and lace linen, masalas, paper products, stuffed toys, quilts, jewellery, silver plated and gift items of different types, eatables, chocolates, dried flowers, etc. Come One Come All

## Week of February 21 *Black History Month Celebration.*

To be held at the American Embassy School Auditorium. In addition to audio-video presentations and speeches made by prominent members of the community, performances will include:

- \* AES Jazz Choir      \* Nagaland Gospel Choir
- \* Soloists from the community.

Tickets : children under 12 yrs Rs.50, Adults Rs.150  
Tickets are available from the ACSA cashier or contact Joan Mitchel 688-2898. Proceeds to benefit Mother Theresa's Fund and the Nagaland Baptist Church

## Monday, February 21 *Talk : Indian Economy : Poised For Take Off?*

By Dr. Sanjay Baru and Jairam Ramesh  
Habitat World, 6.30 pm

## Thursday, February 24 til 27 *Theatre : the Complete Works of William Shakespeare* by Scene Stealers,



Habitat World, 3, 7 pm

## Sunday, February 27

### *Film : Conversations with Koko*

By WWF & National Geographic – the story of an extraordinary gorilla. Followed by an Art and Writing Competition for children on their impression of the film.



Children must bring their own materials.

Habitat World, 10.45 am

## Saturday, March 4 *British High Commission Charity Spring Fair* at

The BHC Compound, 1300 – 1700 Hours  
Beer Tent, Live Music, Vendors, Casino, Children's Village, Auction, Games, Raffle, Refreshments.

Entrance : Medical Gate, Admission Rs.50

## Monday, March 20 *Holi*

## Holi

It is said during Holi, everyone is equal and everything is forgiven. The important things are "rang, ras and rag" (colour, dance and song). So get in on the fun, throw a little powder or coloured water, and join the dancing and singing. This is the festival of colours and all rules are off! The nice thing about Holi is the way it breaks down barriers. On the eve of Holi, bonfires are lit and powders of different colours are offered for sale on the streets. These colours usually wash out of clothes without too much trouble, but don't wear your best clothes! There are many stories about the origins of Holi in different parts of India. One of the best known is about Krishna. When he was a boy he was very mischievous and was always playing pranks. He stole milk from the milkmaids. To get back at him, they threw coloured powder on him.

## Tuesday, March 21 *Delhi Network Meeting*



10 am  
Hyatt Regency Ballroom

N.B.\*\* For showings at Habitat World, call 4691920 and ask for Program Desk extension 3095 to confirm schedule and timings, or check the daily newspaper. All tickets, reservation slips can be collected from Programme desk, Convention Centre Lobby.

\*\*\* For ACSA functions, these are definitely ticketed, so call Cheri Pendergraft for tickets or further information on how you can attend (ph: 419-8000, ext.8717).



# India's Wonderful Birds

By Erika Wilson

If you are new to India, you may wonder whether you can easily combine a cultural tour with a bit of birding. Here is a suggestion for doing just that, a trip I plan to repeat because I enjoyed it so much last year. Combining dance, sculpture, architecture, and natural history, a trip to Khajuraho, Madhya Pradesh, during the annual dance festival fits the bill. During the first week in March India's top classical dancers are invited to perform each night under the stars, with the magnificent temples as a backdrop. Early mornings are the time to visit nearby Panna National Park on a jeep safari; the afternoons can be spent admiring the temples and the evenings attending the dance performances. Despite Khajuraho being a small village in the middle of nowhere, the famous temples and dance festival have generated enough tourism to warrant an airport and several five-star hotels, making this destination an enjoyable one.

Raptors (hawks, eagles, vultures, falcons, and owls) and the possibility of tigers are the main attractions at Panna National Park, while Khajuraho village has a number of colourful birds we don't see here in Delhi. Even the dance performances can yield a bird or two, such as the pale, ghostly **Barn Owl** (*Tyto alba*) I saw one evening as it flew through the beam of a spotlight aimed at the temples in the background. The larger hotels have pools and gardens, which attract a variety of birds, and a village commons area has a small wetland, hedgerows, and adjacent farm land that hold interesting birds.

An early morning start is recommended for a jeep safari to the park; it is about 30 km away, and it takes a bit longer to get well into the park where the birds and tigers are found. Be sure to tell your park guide that you are interested in birds, otherwise he will have the jeep driven straight up to the tableland. There are, however, good birds along the River Ken, one of the park's boundaries. It was along this stretch that we spotted two **Brown Fish-Owls** (*Ketupa zeylonensis*) roosting in the trees between the road and the river. We first mistook these large owls for hawks, as they were sitting on big limbs in dense foliage. They hunt for fish, frogs and crabs along the river at night. As the road climbs away from the river, there is a magnificent view; ask the driver to stop so you can take pictures, stretch your legs, and check out the birds. At this location we saw a **Red-headed Vulture** (*Sarcogyps calvus*) soaring along at eye level, dressed in solid black, except for its bright red head, white feather boa around its neck, and white pantaloons on its legs. Another interesting bird we saw during this stop was the aptly named **Stork-billed Kingfisher** (*Pelargopsis capensis*). Sporting a big red bill that is half again as long as its head, these straw coloured kingfishers have bright blue wings, backs, and tails. Our guide drew our attention to a pair of these birds because he heard them calling. It took us some little time to find them because they prefer to sit on a branch overhanging the river, hidden from casual view. But, when they flew they were

hard to miss because their turquoise blue upper parts flashed in the sun.

Up on the grassy tableland we saw several eagles that hunt by waiting patiently perched atop trees, scanning the surrounding country with their incredibly sharp eyes. A delicately spotted **Crested Serpent-Eagle** (*Spilornis cheela*), its big yellow beak glistening in the sun, was hunting for snakes, lizards, weakened birds, or small rodents. Farther along we came across the drably streaked **Changeable Hawk-Eagle** (*Spizaetus cirrhatus*) doing the same thing. The end point of our jeep ride was the spectacular cliff where the Panna drops off the tableland, falling to the River Ken valley far below. In March, of course, there is no flowing water, so you will have to imagine the waterfall. The cliff ledges are put to good use during the dry season, however, by nesting birds, including **Long-billed Vultures** (*Gyps indicus*), close cousins of the **White-rumped Vultures** (*Gyps bengalensis*) that used to be abundant in Delhi. While I was counting the nests of the former, I heard the tell-tale scream of a **Peregrine Falcon** (*Falco peregrinus*), and looking down, I saw this handsome bird streak across the canyon below, then swoop up to perch on the cliff rim across from our overlook.

There are, of course, birds around the temples, our group found a pair of **Spotted Owlets** (*Athene brama*) perched on a ledge at a set of temples we visited in the late afternoon. These small, charming owls, with their large yellow eyes, watched us watching them, then turned to their own concerns. I noticed most of the birds around the temples were similar to the garden birds in Delhi. Working the village commons area near our hotel, however, yielded some beautiful birds. Most easily identified was a vocal **Eurasian Golden-Oriole** (*Oriolus oriolus*), its flute-like call issuing from the tall trees edging the common, followed by the flash of its bright yellow plumage. Nearby were a pair of **Small Minivets** (*Pericrocotus cinnamomeus*), delicately dressed in pastel orange, yellow, and grey, calling softly to each other. An elusive **Blue-winged Leafbird** (*Chloropsis cochinchinensis*) flitted from tree to tree, blending in perfectly with the foliage, but showing its blue wing patch when it flew. Among the waterbirds in the small wetland on the commons was a striking female **Greater Painted-snipe** (*Rostratula benghalensis*). In this family the females are more colourful than the males, with their black-edged chestnut bib, boldly striped head, and yellow racing stripes down their dark grey backs.



## Notice board

PLEASE FEEL FREE TO CONTRIBUTE ANYTHING TO THE  
NOTICE-BOARD FOR NEXT MONTH'S ISSUE BY MARCH 10 BY  
CALLING HEATHER D'ARCY ON 467-9864 OR LEAVE AT THE DELHI  
NETWORK OFFICE AT THE HYATT.

### BEWARE LANDLORD

BAWA KIRPAL SINGH  
H-8 Green Park Extension

One of our members recently left India and was cheated  
of a considerable sum of money.

Rs 50,000 of the Rs 90,000 owed to them as a refund of  
rents etc. was not returned by Mr Singh..

### DELHI NETWORK DIRECTORY

Please check your new directory, if there are any  
corrections required - i.e. incorrect telephone/  
email details etc, please fill out an amendment form  
(available at the monthly meeting or from the  
office) and either hand them in at the monthly  
meeting or leave the form in the office.

According to **Sue Lohage**: We recently had a three day  
stay at the **Jim Corbett National Park** – absolutely  
wonderful; however, the same cannot be said for  
**Concorde Travels**, M-15, Greater Kailash II who  
organised the venture, including so-called top of the range  
accommodation. The price structure was also “top of the  
range” but their advertising brochure was very misleading  
and we were bitterly disappointed in  
everything but the park and its staff. Staff at the Reserve  
advised that booking through the Indian Tourist Bureau  
would be a better and more economical option for  
others wishing to experience the National Park.

### WANTED CERTIFIED TEACHER

Part time teacher needed to instruct 4 home  
school children.

If interested please call  
Lucy Green on 506 3165  
Mobile 98101 46512

### To Rent

**First floor newly renovated 3 bedroom  
apartment now available in  
Panchsheel Park**

**Contact Jo on 98100 99794  
For details**

### Housemaid/Ayah

Experience working with expat families.  
She is hard working, clean, trustworthy and speaks good  
English.

Please ring Josalina on 685-1937.

### Attention

A **coffee morning** is being arranged for our  
members who live in Shanti Niketan, West End,  
Anand Niketan, Arradhana Enclave, Safdarjung  
Enclave, Vasant Vihar and Vasant Kunj.  
This will take place on 22 February at 10.00 am  
Everyone is welcome and **Terri Levan**, your  
co-ordinator, would love you to come.  
Please tell her you are coming by ringing her for  
details on 467-1819.



# Notice board

## I NEED A SERVANT

I'M LOOKING FOR A SERVANT WHO CAN SPEAK ENGLISH AND CAN WORK ALL OF THE DAY. PLEASE CONTACT AS FOLLOWS; TAKASHI TAKESHITA (FROM JAPAN)  
45 G/F JORBAGH, PHONE 465-1494  
FAX 465-1495

## AIR PURIFIER FOR SALE

Room-size, European made (Philips). In excellent condition (with extra filters).

Call Joan on 688-2898 or 98100 54535

## FAMILY WEEKEND AWAY IN RAJASTHAN

If you're interested in spending a weekend away in the countryside of Rajasthan, where the kids can also have a great time, why not consider staying at the Col. Sudhir Farm, Dhakerkheri, Kota. A photo of the farm which is an ancestral home, is pinned to the notice board at the Office. The accommodation side of the Farm is run by Victoria Singh, an English lady, who is married to a Rajput and they have newly renovated it. For further details, call Victoria on 0744-426941.

## Great Help Soon Available!

Cook  
Driver  
Sweeper  
Dhobi

All our staff have great track records and have been with us two years

Call: Nancy Plemmons at 625-7931

## Reiki

Reiki is a technique for stress reduction and relaxation, which improves health and enhances the quality of life. It also helps to cleanse the body of toxins, increases intuitive awareness, strengthens the immune system and works on the physical, mental and spiritual levels.

Traditional Reiki Master Prama Bhandari, who is recommended by Paula Horan (who originally introduced Reiki to India), assisted by Lola and Peter Hansen, will be conducting the following Reiki non-commercial classes (the fees are used to offer free Reiki treatment to poor cancer patients):

### Reiki Level II: February 26-27

Price : Rs.1500 including lunch

Time: 0945 – 1700 hours

Venue: 8 Padmini Enclave, Hauz Khas

Telephone : For confirmation please call Lola Hansen 688-2260 or Prama Bhandari 686-2807 (only from 0800-1000 and from 1300-1900 hrs\_

Delhi Network has been advised of a house which is available for rent or as paying guest accommodation. We include it here for anyone living in Sainik Farms who may be interested in the place to accommodate an overflow of guests or business colleagues and can enquire further. They will also provide fresh home cooked meals. The daily rate is Rs.1500 for a single, or Rs.2000 double. Meals on actuals. The address is 70-D Sainik Farms and the contact is Shabnam B. Singh on 656-5162/656-0984. We haven't received any references, so can't recommend or otherwise.

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Mrs. Wong offers full service beauty care including manicures, pedicures, facials, waxing, hair cuts, hair colour, massages and more right in your own home. Wong comes highly recommended by Jan Ferguson and Nancy Plemmons as well as several other members of the Delhi Network. Call Wong for an appointment at 461-6380.





## SULTANPUR

Winged escape from Delhi.

A short 46 km. drive from the monuments and high-rise and avenues of Delhi is a green haven with a lake and wild birds. Sultanpur has been a getaway ever since it was declared a water-bird reserve in 1972. The grounds are lush with lawns and trees and shrubs and masses of bougainvillea. Do carry a good pair of binoculars. Also spend some time in the small museum and library in the reserve because you will then get a fair idea of the creatures you are likely to see.



### Fastfacts



#### Access

Nearest airport is Delhi - 46 km. Then by taxi.

#### Accommodation

Accommodation is available in the sanctuary and is run by the state tourism department.

You might, for instance, see a herd of Nilgai at dawn:



steely grey, often blue-grey, antelope, much like the African eland. They graze on the succulent green grass on the shore of the lake. Sultanpur, however, is essentially a bird-watching place. One of the best things about it is that there aren't many trees to obscure the visitor's view of the lake, which is often called a jheel locally. Between the glistening water and the greensward and the blue sky, the wading, swimming, flying birds stand out clearly. And since visitors can not paddle around in boats in this water bird sanctuary, the birds go about their avocations without human

interference.

You should, without much difficulty, be able to spot grey pelicans, cormorants, grey and pond herons, egrets, painted storks who tend to congregate and preen like chorus girls before a curtain call, and their serious-minded cousins, the black-necked storks who have the gaunt and stooping mien of emaciated clerks eternally peering over dusty files. You might also see a white ibis or two and a harvesters' row of spoonbills bob-bobbing for their supper.

# INDIAN HISTORY

## Age of Empires Daily Life 500 BC- 647 AD

The next thousand years saw a great many kings and emperors! Some did fabulous things, like plant trees along the roads and built rest houses for travellers. Other started great public works programs. Let's take a closer look at just one of the empires, the Gupta Empire.

**The Gupta Empire (320 AD to about 500 AD).** The Gupta Empire existed at about the same time as the Roman Empire. It dominated northern India. The Gupta Empire was neat. Villages were protected from bandits and raids with local military squads. Each squad was made up of one elephant, one chariot, three armoured cavalymen and five foot soldiers. In times of war, all the squads were brought together to form the royal army!

People were happy during the Gupta period, the "Golden Age" of ancient India. They had religious freedom. They were given free medical care, which included simple surgery. Criminals were never put to death. Instead, they were fined for their crimes. Rewards of money were given to writers, artists, and scholars to encourage them to produce wonderful work, and they did. Very few of the common people were educated, but the Gupta Empire had many universities. Students came from as far away as China to study at Gupta universities!

**Gupta homes:** In the villages and towns, homes were mostly one room huts made of wood or bamboo, with thatched roofs. Even the palaces were made of wood! Larger homes had several rooms and balconies.

**Gupta villages:** Streets between the homes were narrow and twisted. Stalls for selling things were located on both sides of the street. People mostly walked where they wanted to go inside their village. Villages were very noisy places. Not only were they full of happy, busy people, they were full of animals. A monkey might sneak up and steal food right out of your hand! Imagine coming home from the market, and telling your mother that the monkeys stole the fruit you bought, again!

**Art:** The craftsmen worked with iron and copper. Their iron work, especially, was outstanding. Even today, statues exist from this period, made of iron, that show very little rust!

**Jobs:** People worked on roads and other public works, but (as they were in ancient Egypt), they were paid for their work. In the Gupta Empire, wheat was the main crop, and they kept cows for milk. This civilisation produced great works of literature and marvellous works of art. Sculpture was their thing, though. They were very good at it.

They were also very smart scientists. They believe the earth was a sphere, and rotated around the sun. They also figured out that the solar year had 365.358 days. (Today, our

scientists think it's probably more like 365.242, which means they only missed by 3 hours!) They were great with math. Ancient India gave us the number system we use today - 9 digits, the zero, and the decimal!

What did they eat? The concept of breakfast did not exist. In earlier times, meals were both vegetarian and non-vegetarian, depending upon your religious beliefs. After the coming of Buddhism, Jainism and other pacifist religions and reforms in Hinduism, vegetarian food (strictly excluding animal and fish meat) became the norm for as much as half of the population. In the Gupta Empire, they mostly ate vegetables, cereals, fruits, breads, and drank milk.

**School:** Older kids, who went to school, lived at school. School (ashram) life was tough. You had to do everything yourself. There were no servants. Even princes had to wash their clothes, cook their food, and follow a rigorous course of studies. They had a lot to learn. They studied math, science, engineering, literature, art, music, and religion.

**Marriage:** In ancient India, the most popular form of marriage was called Swayamvara. In this type of marriage, potential grooms assembled at the bride's house and the bride selected her spouse. Instances of Swayamvara ceremony are found in India's national epics, the Ramayana and Mahabharata. There were various types of marriages, such as Gandharva Vivaha (love marriage) and Asura Vivaha (marriage by abduction).

**Sports and Games:** Ancient Indians invented many of the games we play today, like chess, polo, and playing cards (which are said to have gone from India to the other parts of our globe). They practised martial arts, wrestling, and fencing. Hunting was also a favourite pastime of the nobility.

What kind of pets did they have? The pets were mainly birds like parrots. The royals had peacocks. (Monkeys were not usually pets. Monkeys were mostly a nuisance, but cute!)

### Clothing:

(I) in Northern India: In the north, Ancient Indians wore (some still wear) an unstitched garment called dhoti. This was a 9 meter long cloth that was draped around the legs and tied at the abdomen. Both sexes wore it the same way. Women wore bright colours. Men wore either white or dark colours.

Ancient Indians did not use banks, so the family "fortune" was worn by the Vaishnav women in the northern half of India. In the north, they wore lots of jewellery. It was used both by men and women. Jewellery included armbands, waist belts, leg and ankle bangles for both sexes, ear rings, nose rings, rings on fingers and toes, crowns and other hair adornments. In 326 BC, Alexander the Great (that great Greek!) invaded north-west India. Here's his account: "They use parasols as a screen from the heat! They wear shoes made of white leather and these are elaborately trimmed, while the soles are variegated, and made of great thickness, to make the wearer seem so much taller."



(ii) in Southern India: In the south, however, ancient scriptures describe women as wearing saris. A sari is a single cloth wrapped around the body. It covers the woman from head to toe. A dhoti is less modest. In ancient times, it was considered very important for women to be covered from the neck down to the feet. The southern half of India has been almost exclusively Shaivite for thousands of years. Shaivites typically have very, very few possessions. A Shaivite woman would not have worn such jewellery. Shaivite men have typically worn only a loin cloth and perhaps a cloth on the head to protect from the sun, never jewellery.

### Fashion in Ancient India

by Deborah Azzopardi

Clothing in Ancient India was, for the most part, similar for both men and women. The basic costume of ancient society was a length of cloth wrapped around the lower part of the body, and a loose fitting garment for the upper body, which was usually another length of fabric. A head-dress was also worn, mainly by the men.

Women in Vedic society wore a variety of garments. The first being a skirt type garment (dhoti), with a blouse (choli) and scarf. Second is a sari, which is a length of fabric wound around the body with the loose end (pallu) thrown over the shoulder. Sometimes a choli would be worn with this. The last garment was worn mainly by tribal women. The Adivasi is a length of fabric tied around the waist with no upper

### JOKE

Three sons left home, went out on their own and prospered. Getting back together, they discussed the gifts they were able to give their elderly mother.

The first said, "I built a big house for our mother."

The second said, "I sent her a Mercedes with a driver."

The third smiled and said, "I've got you both beat. You remember how mom enjoyed reading the Bible? And you know she can't see very well. So I sent her a remarkable parrot that recites the entire Bible. It took elders in the church 12 years to teach him. He's one of a kind. Mama just has to name the chapter and verse, and the parrot recites it."

Soon thereafter, mom sent out her letters of thanks:

"Milton," she wrote one son, "The house you built is so huge. I live in only one room, but I have to clean the whole house."

"Gerald," she wrote to another, "I am too old to travel. I stay most of the time at home, so I rarely use the Mercedes. And the driver is so rude!"

"Dearest Donald," she wrote to her third son, "You have the good sense to know what your mother likes. The chicken was delicious."

garment worn.

Men also had a choice in their clothing though not as varied as the women. Men usually wore a dhoti, which is a length of fabric wrapped around the waist. This could be left as a skirt or brought through the legs and made into a pants type garment. Men of the south rarely wore shirts, but men of the north wore a fitted upper garment. Male head-dress was also a length of fabric, wrapped around the head, called a turban. Women sometimes wore the turban also.

Due to the large area of India many differences in clothing emerged, mainly due to climate differences. The southern Indians wore much less than in the colder north. Women in the south rarely wore an upper garment. Northern women adopted a fitted upper garment to be worn under the loose fitting one.

Clothing was made from resources found in each region. Cotton and wool were the most abundant, since silk was not introduced from China until around the 1<sup>st</sup> century BCE

Vedic people also enjoyed lavish embroidery and embellishments. Gold being the preferred, though there was also an abundance of silver and precious gems.

### Glossary of Terms

Nivi – Pleats in the front or back of a sari or dhoti.

Choli – A short blouse like garment with no back.

Sari – (or Saree) A length of cloth about 2 yards by 6-10 yards (depending on the region) wrapped around the lower part of the body with the loose end being thrown or wrapped around the upper body.

Pallu – The loose end of the sari.

Adivasi – A length of fabric tied around the waist, Usually smaller than the sari.

Dhoti – A length of fabric about 1 ½ yards by 6-9 yards, which is wrapped around the body with the loose end either tied at the waist or thrown over the shoulder.

Turban – A length of fabric wrapped or tied around the head to create a head-dress.

Hirano-Drahi – Ornamentation of garments.

Atka – Flowing garments.

Drahi – Embroidered garments.

### Suggested Reading

1. Saris – an illustrated guide to the Indian art of draping, Shataki Press International, 1997, Chantal Boulanger.
2. Costumes of India, Diamond Pocket Books
3. Indian Costume 2nd Edition, Popular Prakashan P. Ltd, 1966, G.S. Ghurye



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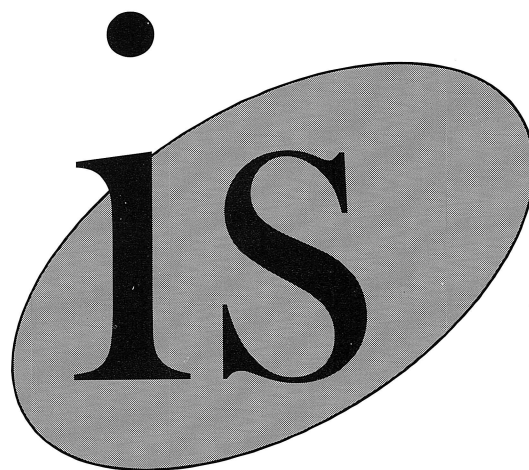
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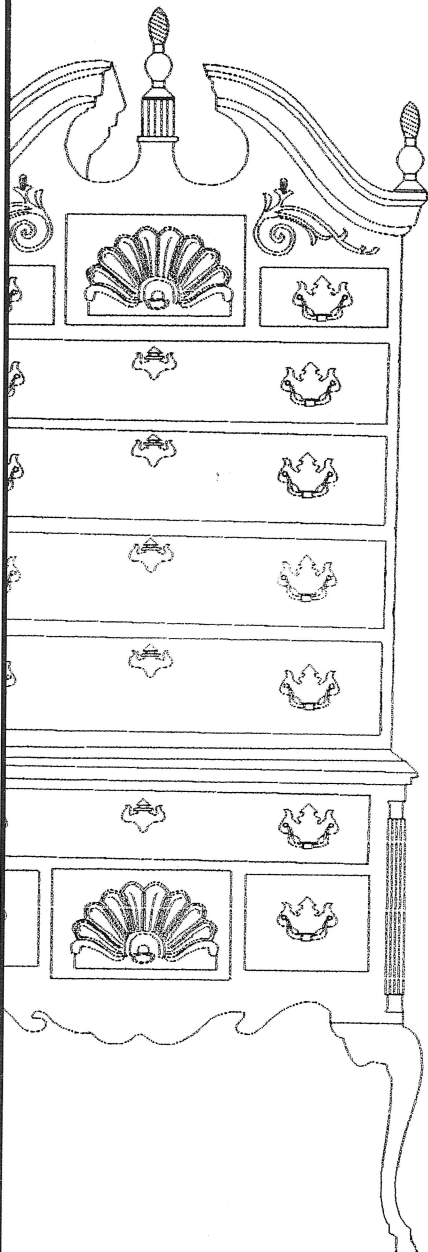
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## A LITTLE PUSHY

A man is in bed with his wife when there is a rat-a-tat-tat on the door. He rolls over and looks at his clock, and it's half past three in the morning.

"I'm not getting out of bed at this time," he thinks, and rolls over. Then, a louder knock follows.

"Aren't you going to answer that?" says his wife.

So, he drags himself out of bed and goes downstairs. He opens the door and there is a man standing at the door. It doesn't take the homeowner long to realise the man is drunk.

"Hi there," slurs the stranger. "Can you give me a push?"

"No, get lost! It's half past three! I was in bed!" screams the man as he slams the door. He goes back up to bed and tells his wife what happened.

She remarks, "Dave, that wasn't very nice of you. Remember that night we broke down in the pouring rain on the way to pick the kids up from the baby sitter and you had to knock on that man's house to get us started again? What would have happened if he'd told us to get lost?"

"But the guy was drunk," says the husband.

"It doesn't matter," explains the wife. "He needs our help and it would be nice to help him."

So, the husband gets out of bed again, gets dressed, and goes downstairs. He opens the door but he can't see the stranger anywhere in the dark, so he shouts, "Hey, do you still want a push?"

He hears a voice cry out, "Yes, please."

"Where are you?" shouts the homeowner.

The stranger calls back, "I'm over here, on your swing."

## JACKIE'S QUIZ

### COLD COFFEE

You have just poured a delicious cup of coffee. Unfortunately, just as you want to add the milk the doorbell rings. How can you keep the coffee as warm as possible?

- (a) By quickly adding the milk before answering the door
- (b) By not adding the milk until you are back
- (c) Whatever you do, it makes no difference to the temperature of the coffee

See page 27 for correct answer.

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## WARNING

I feel that the following is information that any one who uses a microwave oven to heat water should be made aware of. My 26-year son decided to have a cup of instant coffee. He took a cup of water and put it in the microwave to heat it up (something that he had done numerous times before). I am not sure how long he had set the timer for but he told me he wanted to bring the water to the boil. When the timer shut the oven off, he removed the cup from the oven. As he looked into the cup he noted that the water was not boiling but instantly the water in the cup 'blew up' into his face. The cup remained intact until he threw it out of his hand but all the water had flown out into his face due to the buildup of energy. His whole face is blistered and he has 1st and 2nd degree burns to his face which may leave scarring. He also may have lost partial sight in his left eye.

While at the hospital, the doctor who was attending him stated that this is a fairly common occurrence and water (alone) should never be heated in a microwave oven. If water is heated in this manner, something should be placed in the cup to diffuse the energy such as a wooden spoon stir stick, tea bag, etc. It is however a much safer choice to boil the water in a kettle.

Please pass this information on to friends and family

Mick Tucker  
Safety/Security Officer BP



# DELHI NETWORK BY-LAWS

## ARTICLE I – NAME

The name of this organisation shall be Delhi Network.

## ARTICLE II – AIMS

Delhi Network is a volunteer, non-profit organisation and its aim is to support expatriates on assignment, living and/or working in Delhi.

## ARTICLE III - OBJECTIVES

The objectives are:

- (1) to provide social interaction between members of the foreign community;
- (2) to encourage networking amongst the foreign community and those newly arrived in Delhi;
- (3) to introduce to foreigners the culture, life and traditions of India during their term in India;
- (4) to provide updated information on a continuing basis;
- (5) to promote Delhi Network as a social group rather than to further individual interests.

## ARTICLE IV – MEMBERSHIP

**Section 1** Full Membership shall be open to anyone holding a foreign passport and residing temporarily in New Delhi . A temporary resident shall mean anyone who has resided in Delhi for less than five years.

**Section 2** Associate membership can be offered to anyone with a foreign passport who has resided in Delhi for longer than five years. Spouses/partners of members are classified as associate members. An associate member has the right to attend all general meetings and functions, but will not have voting rights or be eligible to stand for office or chairmanship.

**Section 3** Membership shall be effective upon payment of established dues.

**Section 4** Termination of Membership or Removal From Office. The Board has the right to terminate membership of any member who:

- (1) is deemed in the opinion of the Board to have acted against the objectives and interests of Delhi Network;
- (2) participates in the name of Delhi Network using Delhi Network activities, meetings, membership list or newsletter to further any activity or cause that may be construed as unlawful, political in nature, for personal or financial gain; or
- (3) has been deemed to not comply with Delhi Network membership requirements.

**Section 5** Term of Membership. The term of membership will be from August through July of each year.

**Section 6** New applicants must present their foreign passport in order to obtain membership.

## ARTICLE V – FINANCE

**Section 1** The fiscal year of Delhi Network shall be from the first day of August through the last day of July

**Section 2** Dues shall be determined by the Board. Annual dues are payable beginning August and are non-refundable. New members joining from February 1 onwards, pay half the current membership rate.

**Section 3** A fund called the Treasury shall be derived from dues, the sale of Delhi Network Handbooks and Newsletters, contributions and member/visitor entry fees. This money shall be used for the general administrative expenses, programme activities and charitable donations.

**Section 4** No member shall be held responsible for repayment of the Delhi Network Funds should they disappear through theft and/or fire.

**Section 5** The Treasurer must collect and deposit monies into the Delhi Network bank account at least twice per month. All monetary transactions conducted by the Treasurer shall be carried out through the Delhi Network office.

## ARTICLE VI – OFFICERS AND DUTIES

### Section 1 Governing body

A. The Executive Committee shall consist of the President, Vice-President, Secretary and Treasurer of Delhi Network. Executive officers or their Board member substitutes shall be required to attend Board meetings and any other special meetings so deemed necessary by the President.

B. The Board shall consist of the Executive Committee and Chairperson or Co-Chairperson of each standing committee. Each member of the Board shall have the right to vote.

**Section 2 Term of Office.** The officers of the Executive Committee shall hold office from the General Meeting in May for the term of one year or until their successors are elected. In case of a vacancy arising, the procedures laid down under Article IX Section 3 below shall be followed.

### Section 3 Vacancy:

(a) In the event of a vacancy before February in the office of President, the Vice-President shall officiate until a new President has been selected as follows:

- (1) The Board shall appoint a three member Nominations Committee from outside the Executive Committee which, within one month, shall nominate a candidate for President. This candidate shall be presented at the following General Meeting.

- (2) If the vacancy occurs during or after December, the Vice-President shall accede to the office and shall serve until the General Meeting in May.
- (b) In case of a vacancy in any other office (i.e. other than that of President), that vacancy shall be filled by appointment by the President with the advice of the Board at a Board meeting called for that purpose. A member filling a vacancy shall hold office for the duration of that Board's term.

#### **Section 4 Duties**

- A. **President** – the President shall be the official representative of Delhi Network. She shall be ex-officio member of all committees except the Committee on Nominations. The President shall:
  - (1) preside at all meetings of Delhi Network and at all meetings of the Executive Committee and the Board. She shall not take part in any voting during the Board meetings except to resolve a tied vote;
  - (2) supervise plans for extending, unifying and rendering more efficient the activities of Delhi Network;
  - (3) approve all programmes and activities;
  - (4) approve all bills of a pre-determined amount before payment (the amount to be determined between the President and the Treasurer at the beginning of their term);
  - (5) approve all correspondence written in the name of Delhi Network;
  - (6) appoint a Committee on Nominations with the approval of the Board and present that Committee at the January General Meeting;
  - (7) appoint or dissolve any committees as circumstances arise
- B. **Vice-President** – The Vice-President shall:
  - (1) assume the duties of the President in her absence and such duties as the President delegates;
  - (2) be responsible for organising the regular meetings;
  - (3) be responsible for arranging a speaker/program for the regular meetings, with the assistance of the Programs Chairperson

If the Vice-President accedes to the office of President, a replacement for her will be selected as provided in Article VI Section 3 above.
- C. **Secretary** - The Secretary shall:
  - (1) keep a record of the proceedings of all Board meetings and prepare copies of such minutes for the following Board meeting;
  - (2) prepare responses to all letters directed to Delhi Network and submit them to the President for approval;
  - (3) maintain a file of all correspondence pertaining to the general running of Delhi Network;
  - (4) maintain the permanent records of Delhi Network.
- D. **Treasurer** – The Treasurer shall:
  - (1) hold and disburse, upon approval of the President and/or the Executive Committee, all funds of Delhi Network;
  - (2) prepare a monthly balance sheet and report of income and expenditure and present it at the Board meeting;
  - (3) deliver to her successor, within one month after the expiry or termination of her term of office, all money, vouchers, books, signed authority cards, letters for the banks and other papers of Delhi Network in her custody.

### **ARTICLE VII – COMMITTEES**

#### **Section 1 Purpose**

Committees shall be formed for the purpose of carrying out the activities of Delhi Network.

#### **Section 2 Appointment**

The new incoming President, with the advice of the Executive Board, shall appoint the Chairperson and Co-Chairperson/s of the committees. Appointments will be until the next General Meeting in May.

#### **Section 3 Duties of the Committees**

- A. **Social** – Organise social events for the members.
- B. **Blood Donor List** – Compile and keep an updated list of all willing blood donors.
- C. **Handbook** – Maintain an up-to-date base of information for the Handbook, to arrange for printing to be carried out at least every two years. Assure enough Handbooks are available, keep records of distribution.
- D. **Charity** – Visit supported charities ensuring that agreed funds are paid over and used appropriately and to propose new charities to the Board.
- E. **Medical** – Provide general medical information and advice on pertinent health issues in Delhi, via newsletter and conduct seminars as appropriate.
- F. **Newsletter** – To compile, write and produce the monthly newsletter, with the approval of the President. To co-ordinate Delhi Network news and to this end to notify members of all General Meetings, Extraordinary Meetings and Activities.
- G. **Office Manager** – Ensure that the Delhi Network office is staffed and that all volunteers are trained in the office procedures and functions of committees. Ensure that all relevant information is taken to the General Meetings, such as Directories, Membership Forms, Newsletter, etc.
- H. **Diplomatic Liaison** – To attend the monthly meetings to enable Delhi Network to obtain Indian tax concessions. To liaise with various Embassies and High Commissions.
- I. **Membership** – The duties shall be:
  - (1) to maintain an up-to-date record of all members and applicants;



- (2) to provide name tags for all members at the monthly General Meetings
- (3) to issue applications to prospective members
- (4) to ensure that applicants for membership shall receive a copy of the By-Laws.

**J. Newcomers** – The duties shall be

- (1) to welcome new members at General Meetings;
- (2) to organise Newcomer coffee mornings;
- (3) to chair the Area Co-ordinators Committee;
- (4) to offer continued support to all newcomers and members;

**K. Programs**

- (1) organising vendor selection and their set-up at regular meetings;
- (2) assist the Vice-President with arranging a speaker/program for the general meetings
- (3) arranging a program of events through the month, apart from the general meeting.

**Section 4 Duties at end of Term.** Each officer of the Executive Committee shall submit to her successor, within one month after her term of office expires, a record of the year's committee meeting minutes and all other papers of Delhi Network in her custody.

## **ARTICLE VIII – MEETINGS**

### **Section 1 Board Meetings**

Meetings of the Board shall be held once a month. The quorum for transaction of business by the Board shall be more than half of the members of which at least two are elected. If any member of the Executive Committee plans to be absent, they must nominate a replacement for the duration, with the approval of the President, who will have voting rights. At least two Executive Committee members must be present at each meeting to ensure that business be conducted properly.

### **Section 2 General Meetings**

General Meetings shall be held on the third Tuesday of each month at 10 a.m. unless otherwise indicated.

**Section 3** The General Meeting held in March shall be the **Annual General Meeting** for the presentation of reports by outgoing officers and for the election of new officers for the Executive Committee.

**Section 4** Extraordinary meetings to conduct Delhi Network business may be called by the President or upon the written request of 25 percent of the eligible voting membership; to be held within 3 months. All voting members must be notified of such a meeting via the newsletter.

**Section 5** Thirty percent of the eligible voting membership shall constitute a quorum at a General or Extraordinary Meeting of Delhi Network or at the Annual General Meeting.

## **ARTICLE IX – NOMINATIONS AND ELECTIONS**

### **Section 1 Committee on Nominations**

There shall be a Chairperson of the Committee on Nominations and at least three committee members appointed by the President, with the approval of the Executive Committee, at the January General Meeting. At this meeting the President shall call for names of prospective candidates for the positions on the Executive Committee, to be sent to the Committee on Nominations. The Chairperson of the Nominations Committee shall give notice in the February newsletter and at the February General Meeting, calling for suggestions of possible candidates for such positions. The closing date for such nominations will be February 28. These nominations shall be made by individual members and shall be sent only to the Chairperson of the Nominations Committee, and shall be made in writing after obtaining prior permission of the candidate concerned.

### **Section 2 Elections**

(1) Elections shall be held in March of each year at the Annual General Meeting. The elected officers' official duties shall begin May 01, after a hand-over period with the outgoing Executive Committee. Proxy or absentee votes shall not be accepted. Voting shall be by written secret ballot and a cut-off time for voting will be announced. Votes shall be counted by the Nomination Committee and results announced before the end of the Annual General Meeting.

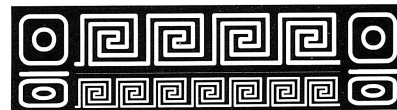
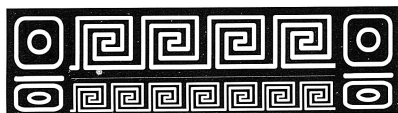
(2) There should be at least one nominee standing for each office, otherwise that position will remain vacant and will be appointed per Article VI Section 3. If there is more than one nominee for one office, the person with the majority of votes will take office.

## **ARTICLE X – AMENDMENTS TO THE BY-LAWS**

The By-Laws may be amended at any General or Extraordinary Meeting where a quorum is present, by a two-thirds majority of those present and voting, provided notice was given at the previous General Meeting or was circulated at least two weeks before the said General or Extraordinary Meeting.

## **ARTICLE XI – DISSOLUTION**

In the event of a dissolution of Delhi Network, the assets, if any remain after any debts have been paid, shall be donated to some other non-profit association to be specified by the Board and confirmed by a two-thirds majority of those present and voting at a General Meeting or an Extraordinary Meeting.



## The story of Rama

RAMAYANA is the story of RAMA (the ideal of virtuousness). The story of Rama is full of stories of how an ideal man is supposed to behave, how an ideal king is supposed to perform etc. The life story of Rama, which is written in the epic Ramayana is briefly presented below:

Once upon a time there was a king called Dasaratha, who used to rule the province of Ayodhya. Being issueless, he decided to perform a huge sacrifice for begetting a son. As a result of this, he was given a fruit to be given to his wives to bear a son. King Dasaratha divided it equally between Kausalya, the eldest wife, and Kaikeyi, his favourite queen. But both Kausalya and Kaikeyi were fond of the queen Sumitra. So they each gave half of their portions to Sumitra and in turn the queens gave birth to four princes. Kausalya bore the eldest, Rama; Kaikeyi bore Bharat; and Sumitra (having gotten two shares), bore the youngest - Laxman and Shatrugna. All four princes grew up in the tutelage of sages and turned out to be fine warriors. Laxman was very attached to Rama since childhood.

During their travels with sage Vishwamitra, they came to Mithila, where King Janaka had pronounced a swayamvar (groom hunt ceremony) for his daughter Sita. Sita was Laxmi incarnate into this world, and was destined to marry Rama. The condition at the swayamvar, was that whoever could lift the heavy bow, which was presented to him by Shiva, could win the hand of Sita in marriage. One by one, the kings who came for the swayamvar failed in their attempts. When Rama went and lifted the bow, it lifted easily. Hence Rama was wed to Sita in Mithila and they returned to Ayodhya a happy family.

But happiness was not to last long. Earlier in the life of King Dasaratha, he had once been given the gift of life by his favourite queen Kaikeyi, who saved his life from a tiger. In gratitude he had granted her two boons, but at that time Kaikeyi took a rain check. Now Kaikeyi was reminded of this by her evil servant maid Manthara, who incited her to use the boons to get her son Bharat the throne instead of Lord Rama. Her mind poisoned by evil Manthara, Kaikeyi asked King Dasrath for these two boons: - (1). Bharat to be made the king and (2). Rama to be banished to the forest for fourteen years. Dasratha granted these wishes and died shortly after Rama left for the forest.

Rama, heeding the words of his father, left for the forest soon after that with his wife Sita and his favourite brother Laxman accompanied him. Bharat, who was away at a relative's house, came to learn of this and went to the forest and requested his brother Rama to come back. But Rama refused to go back on the promise of his father. Then Bharat took the slippers of Rama and placed them on the throne and vowed to rule at Ayodhya till Lord Rama could return from the banishment.

There are lots of exciting tales during the fourteen years of banishment of Rama. They went through different

forests, different ashrams (hermitages) of various rishis, and lived on the fruits from the forest. During these years they fought a lot of wars with asuras (demons) to save the sages, and help the sages in carrying out their prayers which were being constantly disturbed by the asuras. The high point of their Vanvaas (banishment) was the long war fought with the king of the asuras, Ravana.

Ravana's sister, Surpanakha was enamoured of Rama's beauty when she saw him once passing by the forest of panchavati, near Nasik, and wanted to marry Rama. Rama refused her and asked her to go to Laxman. Laxman too refused and this angered her. She thought of Sita as the main reason behind this and tried to harm Sita upon which Laxman cut off her nose and ears.

Angered, she went back and came again with her brother Khara to fight Rama. But Rama and Laxmana defeated and killed Khara too. She then fled and took refuge with Ravana, the mighty king of asuras, who was given the boon of immunity by Lord Shiva, from the gods, asuras and all creatures except human beings whom he thought to be too menial. Hence Lord Vishnu had to incarnate as a human to kill Ravana. Ravana had his desire for Sita for a long time. And in the rage of the moment, decided upon a plan to abduct Sita.

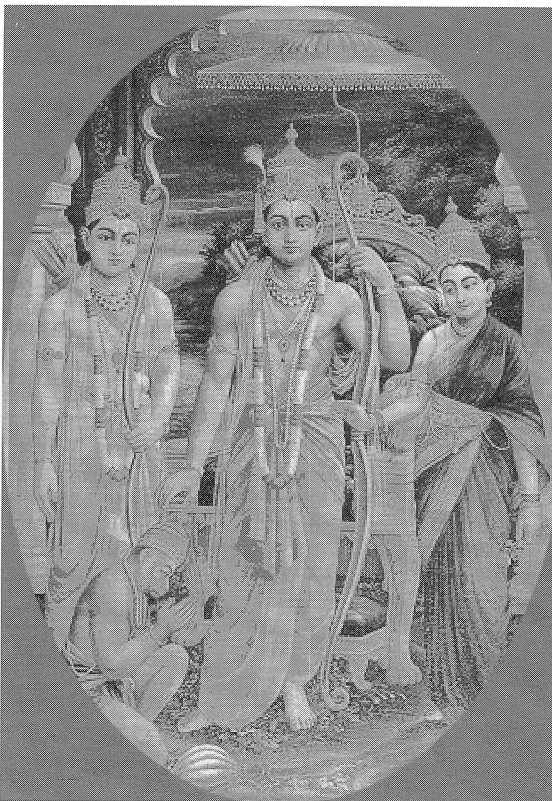
With the help of his uncle Maricha, who was a magician, he set out. Maricha disguised himself as a beautiful deer and wandered near the whereabouts of Rama and Sita and Laxman. On seeing the beautiful deer, Sita was attracted and asked Rama to go after it. Rama then left Laxman guarding Sita, and went after Maricha in the form of the deer. After a while, Laxman and Sita heard Rama's cries for help. It was a ruse by Maricha to distract Laxman and Sita. Sita was worried and requested Laxman to go and see what the matter was. But at the same time Laxman did not want to leave Sita alone. After much insistence by Sita, he then made a line and asked her not to cross the line, popularly called "Laxman Rekha", in modern days to represent limits of decent behaviour and moral conduct. He advised that she should not cross the Laxman Rekha or else she could be in danger.

Soon after he left, Ravana who was waiting for this opportunity, came disguised as a beggar and asked for a donation from Sita. Sita went inside to get some grains to donate to the beggar. As she stepped outside she told the beggar to come and get it as she could not cross the Laxman Rekha. The beggar acted as if offended and Sita, thus crossed the line to give him alms, and Ravana, against her wishes dragged her into a chariot and took her to his home town of Lanka against her wishes. As she was going along the way, she dropped her jewels so that Rama could trace her route.

Rama and Laxmana, on returning were very depressed on not finding Sita when they returned. They went miles and miles in search of Sita. They came ultimately to the kingdom of Kishkindha. This was then ruled by the monkey king Bali, who had banished his brother Sugreeva. Rama and Laxmana reached the hill where the banished Sugreeva and his friend Hanuman were living. Hanuman at once fell at the feet of Lord Rama and

showed him the jewels which Sita had thrown at them when on the way to Lanka. Rama helped Sugreeva overthrow his brother Bali out of Kishkindha and become the king. In return, Rama got the entire army of monkeys of Sugreevas including Hanuman to help him out in the search for Sita.

Hanuman, while searching far and wide, happened to cross over to Lanka across the sea and recognised Sita there. He then passed on the message of having found Sita to Rama. Rama then declared war on Ravana to get Sita back. Vibhishana, who was the brother of Rama, came over to Rama's side and became Rama's devotee. The monkey army led by Sugreeva and Hanuman, formed a huge bridge across from mainland to Lanka. Then Rama went along with his army to Lanka and staged a full fledged war.



Ravana was defeated in the end and Rama brought back Sita to his home and then in the process their Vanvaas (banishment period) was over and they came back to rule Ayodhya as a righteous king and spread Ram-Rajya(ideal rule) in Ayodhya.

There are stories of Sita's banishment and her giving birth to Lava and Kusa later in life in the ashram of almiki. These form the part called Uttar Ramayana, which is considered a sequel to the main Ramayana.

So Ramayana is the story of Rama, which preaches ideals to live our life by.



**TINA GARG**

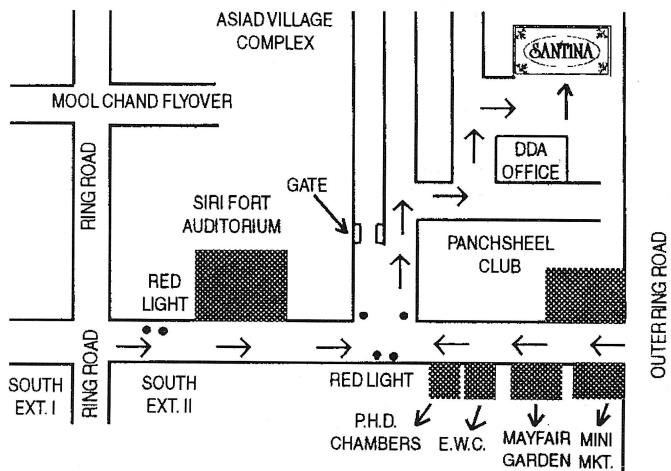
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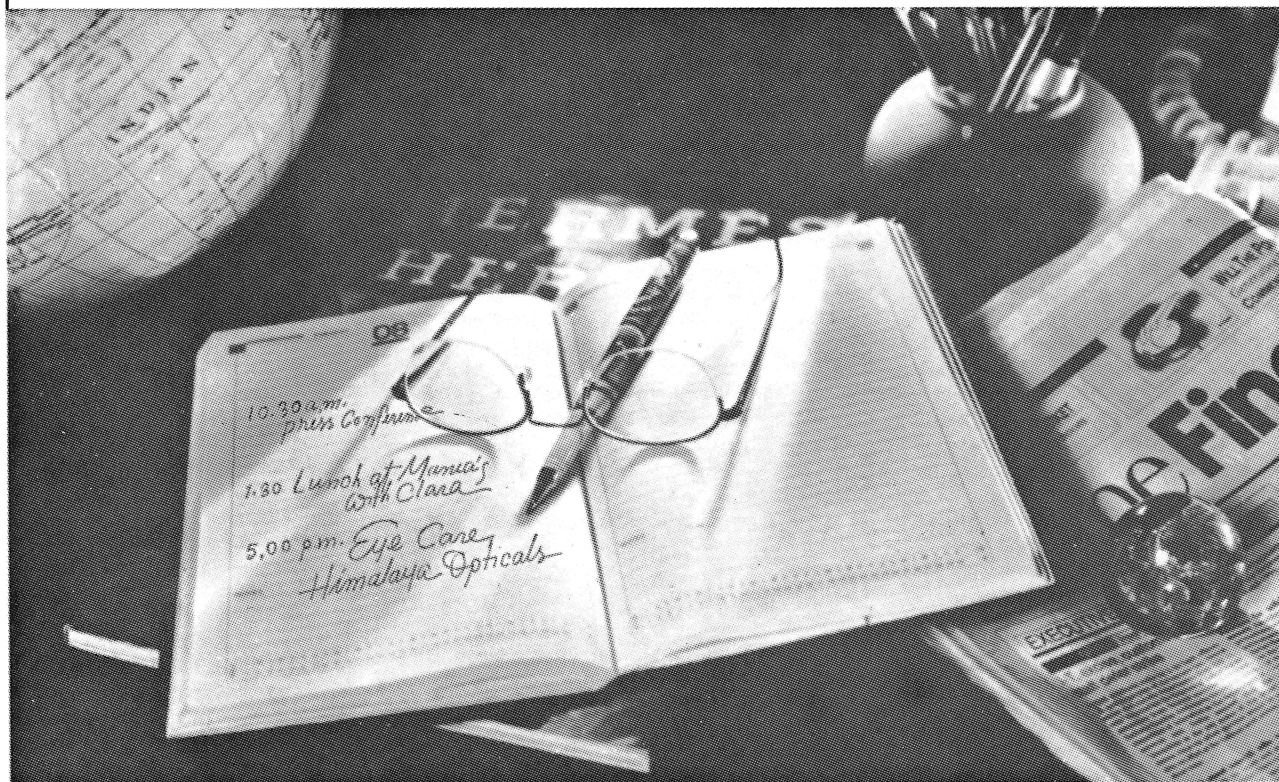
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**Greater Kailash-1**

Archana Shopping Arcade,  
New Delhi-48. Ph: 6223736, 6432153.

**Mayur Vihar-1**

101, Pratap Nagar, (Opp. Pocket-IV),  
New Delhi-92, Ph: 2258815.

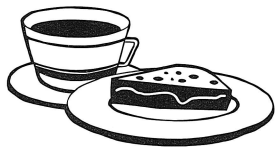
**South Extn. Mkt. Part-II**

E-31, 1st Floor (Above Kalamandir),  
New Delhi-49, Ph: 6258578, 6253328.

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# Something to do



## ***Newcomers***

Every Tuesday, 10-12 am, in Boardroom 2 at the Hyatt, to the right of the Ballroom, for an informative get-together over coffee and cakes. Oldies are also welcome to share their experiences.

## ***Navjyoti-Delhi***

### ***Police Foundation***

Runs a school and nursery in a slum area at Yumuna Pushta. Two ex-pat nurses help out and they are looking for other volunteer nurses and health workers to give check-ups. Sunil Verma 98110 56000 has details.

## ***DCWA***

Delhi Commonwealth Women's Association is an international group which runs various social events as well as a clinic for the poor. They are always looking for items for the pharmacy. Call Kathy Pritchard on 686-2245 for details

## ***Glow***

The Global League of Women is an organisation which promotes international friendships and understanding of different cultures. Call Sasha Moss 680-1514 or Serita Kakar 461-9627 for details.

## ***Delhi Christian***

### ***Fellowship***

Every Sunday at 9 am there is a church service at the Hyatt Regency Hotel with a Sunday School for children during the service plus bible study and a youth group.

## ***United Nations***

### ***Women's Association***

Offers a varied programme of informative and social activities, and supports a kindergarten for underprivileged children. For details call Sherine on 696-0233 or Jill on 687-9685.



## ***Tushita Meditation***

### ***Centre***

Women's spiritual development group, which meets every Wednesday at 10.30 am. They organise healing workshops on yoga, Reiki, tai-chi, etc. Teaching by Buddhist lama. Call Renuka Singh on 651- 8248 for details.

## ***Yoga***

- ◆ Experienced teacher who has been recommended by several expats, will come to your home. Call Raju on 617- 6290 between 12 and 3 pm.
- ◆ Yogesh Kumar, phone 623-3996 Pager 9632-122692.

## ***Needlenuts***

Group meets Thursday 9.30-12.30 in different homes each week. Come and go as you please, work on what you like. Call Lynn Moss on 621-5065

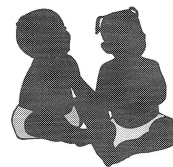


## ***Patchwork & Quilting Group***

Meets every Monday morning, 10 am to 12 mid-day. Beginners welcome! Contact Phil Thomas on 556-5569.

## ***Patchwork & Quilting: A Complete Course***

For more information call Phil Thomas on 556-5569.



## ***Babies and Toddlers***

To all Mums - feeling lonely, need a chat, or the kids are driving you up the wall? Call for social meetings for Mums and little kids, Ingrid Crookshanks on 98110 93622 or Manju Isaacs 649-1397.

## **Indian Cookery**

Amita Khosla will teach you how to produce authentic Indian meals using ingredients available in the West. Call 469-2544 mornings.

## **Mah-Jong and Canasta Classes**

Lessons with Risham Chawla, 2-4pm on Wednesdays at N-21 Panchshila Park.

Costs Rs 250 per session for a four-session course. Proceeds go to charity. Call 649-7025.

## **Art Classes**

Gouranga Ghosh teaches drawing, water colour painting and other art techniques to individuals or groups in their homes.

Call him on 463 5035 or 464-0310.



## **Adult Education**

*The American Embassy School offers evening courses beginning in August. Contact the school for current programme/fees. Tel: 611-7140 or 611-7146.*

*Spring session: Feb./March.*

*Fall session: September.*



## **Hindi Lessons**

Chaya Bhattacharya is a qualified tutor and is also willing to teach on the Bhagvad Gita. Call 462- 4704.

## **French Lessons**

By a French national and graduate of Sorbonne-Paris University.

Beginners or advanced levels.

Call Anne Chaymotty-Devayani on 463- 6772, fax 463-3404.

## **French speaking**

Femmes Francophone de Delhi. All French speakers welcome (whatever your nationality, whatever your level). This group runs an extensive range of cultural events, tours, lectures and get-togethers. Call Catherine Walden on 680-2175 or 98100 74100.

## **German Conversation Group**

If you like speaking German, (any level) and want to keep up or deepen your knowledge, please join us. We meet every 2nd Monday at 3 pm. For information call Karin Weselscheid on 612-3405 or Brunhilde Gupta on 696-2708.

## **Spanish Lessons**

Instituto Hispania offers classes in Spanish language, following a communicative methodology derived as a result of extensive number of studies in the field of teaching Spanish as a foreign language. The teachers are Spanish nationals as well as postgraduates from leading Indian and Spanish universities.

Y-10 Green Park, behind McDonalds, phone 696-8016, 8043



## **Piano Lessons**

American concert pianist Roberta Swedien has 28 years teaching experience and is giving lessons in her Defence Colony music studio. These lessons can include music history, theory, composition, form and analysis and performance as well as technique and repertoire. For intermediate and advanced students only. Call Roberta for details on 461-0918.

## **Scottish Country Dancing**

Thursdays 8pm in the British High Commission hall. Don't worry if you have two left feet! Contact Maureen Sachdev 463-3658 Ext. 207



## **Dance and Fitness Centre**

In a superb wooden-floored studio near Lodhi Gardens, 21/A Amrita Shergill Marg. Classes include stretch, body toning, modern dance, jazz dance, aerobics and personalised fitness. Call Anne Devayani 463-6772.



## **Silk Painting**

An introduction to silk painting. Learn the basic techniques using water based paint. Minimum time needed would be five mornings only. Instruction can be given in French, Dutch or English. If interested, please call Sylvie Kuenzi, phone 463-3644.





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**MTU Friedrichshafen**

*"...put on record my appreciation for the way  
you handled the sale of my household goods."*  
**Denise Edwards, Delhi Network Newcomers**

*"..Conducted the sale to our satisfaction and  
realised good prices for our used Company/  
household furniture/equipment often..."*  
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# SPORTS



## Delhi Hash House Harriers

Regular runs on Monday evenings and Saturday afternoons. Family runs on some Sundays. Call the Community Liaison Officer (CLO) at the British High Commission on 687 -2161



## Ballooning

Ballooning Club of India, 8B Bahadur Shah Zafar Marg, 331-7977.



## Bowling

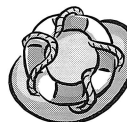
Facilities at Qutab Hotel, Little Paradise (12/7 Mathura Road, Faridabad), Bawa Sports Complex (Kishangarh, Mehrauli), Leisure Bowl (Aruna Asaf Ali Marg, Vasant Kunj); and First Bowl at 32<sup>nd</sup> Milestone Complex (Delhi-Jaipur Bypass, Gurgaon).

**Delhi Tourism (3314229) provides facilities for:**



## Cycle Tours

Amar Jeet Singh 336-5358, 336-3607  
Adventure Tourism



## Pedal Boating

Old Fort moat, India Gate moat 9 am to 6 pm. Rs. 40 per half-hour.



## Rock Climbing

At the Adventure Park, Lado Sarai natural rocks. 9 am to 1 pm, September to December. Rs. 55 per head per day. Rock climbing can also be done at Indian Mountaineering Foundation (IMF), Anand Niketan which has 3 artificial walls built to international specifications.

Rates: Casual, Rs. 100 per day (including equipment and instruction). Annual, Rs. 300 plus Rs. 30 per month (including equipment and instruction).



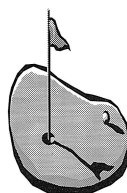
## Football

Various embassies have joined together to form a soccer competition. Contact your Embassies for details.



## Gliding

Daily rides from 1 pm til sunset every day except Wednesdays. At Delhi Gliding Club, Safdarjung Airport (phone 463-8052). Cost of flight per person Rs.75.



## Golf

Delhi Golf Club  
Dr Zakir Hussain Marg, tel. 436-2768 or 436-2235  
The Meadows Golf Course, located on Sohna Road, near Gurgaon. , Tel: 687-2274



## Polo

Army Polo & Riding Club, Tel: 569-9444/555  
The Indian Polo Association,  
Tel: 301-5604  
Polo Season: October-February



## Tennis

Delhi Lawn Tennis Association, Jawaharlal Tennis Stadium, Tel: 462-9400

Also:

Ladies Open tennis meets Tuesdays and Thursdays from 8.30-11.30 at the American Embassy School courts. Call Ruth on 463-6594 for details.



## Sailing

Defence Services Sailing Club,  
Tel: 301-9604



## Shooting

Dr Karni Singh Shooting Range,  
Surajkund Road, Tel: 698-6802

Help us keep the Newsletter up to date. Let us know if you discover any new activities to add or items to change if they are out of date. Drop your comments off at the Delhi Network Office or call one of the Editors.

# SERVICES

## ANIMAL SHELTER/VETERINARY HOSPITAL

Jeevashram provides programs to control stray animals, a hospital, operating theatre, mobile dispensary, private boarding. Contact **Angela Garnett** for more information on 556-3696 or 556-4114.

## BEAUTIFUL FRAMES

Antique Kashmiri Jamawar, Kani and Embroidered Pieces Artistically Framed to Grace Your Walls — also—Hand Done Kashmiri Scarves and Stoles Artistically Executed to Grace Your Being.

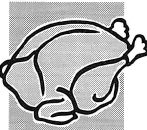
Vidhu Ganjoor and Buzz Burza, Kashmiri Art Forms, 34 Gagan Vihar, New Delhi 51, 220-9129 or 223-0415.

## BEAUTY CARE

**Conchita Wagner-Moral** has 20 years experience in the beauty field all over the world. She has just opened an exclusive salon where you can have any of the latest treatments from Europe, from waxing to non-surgical face-lifts. Call Conchita at 683-2703 or 683-5105 for a free consultation.

## CHICKEN

**MESH** - Maximizing Employment to Serve the Handicapped - is an organisation responsible for marketing products made by disabled people in India. MESH can deliver fresh chickens to your home. Especially good for roasting, the chickens are raised in animal friendly conditions to International standards. For more details, or to place an order call 696-5039 or 656-8048



## ENGLISH/SPANISH/ENGLISH TRANSLATOR

— Call Esther Premkumar, A-10 Anand Niketan, on 688-7397, email [esther@satyam.net.in](mailto:esther@satyam.net.in)

## FOOD AND DRINK

**Kingsbarn** is a leading name in the UK for exports of top quality goods and services to embassies and expatriates. For further details, contact Kingsbarn at 649-7025.



## FURNITURE

Visit **Rhonda Williams'** Fusion Design Furniture Showroom for furniture for your home, office, garden and pool. Traditional European style sofas, chairs, beds, tables, desks, cabinets and more are available. Special orders to meet your specifications will be undertaken. Visit our showroom at 28 B/7 Jia Sarai (near IIT) between 11 am and 3 pm Monday to Saturday, or call for an appointment: 685-3460.

## HAND MADE STATIONERY

Greens 'R' Us makes unique hand designed stationery on hand made paper using ferns and flowers. Each piece is individually crafted by Renu Gupta. The range of gift items also includes photo frames, albums, wall hangings, trays, and lots more.

7 Western Avenue, Maharani Bagh, Phone 683-5305, 683-3766

## JEWELLERY

**Risham Chawla** makes unique jewellery either to your design or hers with semiprecious stones, glass, ceramic and silver beads and finished with good quality fittings. Call Risham for details at 649-7025.

## MASSEUSE

**Laxmi** has been massaging diplomats and expatriate couples in their homes for some years. Call 647-0609.

## PET CLINIC

12 Noon -2pm, 2nd Sunday of every month. Local veterinarians are available for check-ups and vaccinations at the Servants Registry at the American Embassy Compound, Gate D. Open to all expats in Delhi. Contact Mary Oliver/Cheryl McCarthy on 419-8000 ext. 8356 during working hours. Some pet items are available.



## SERVANTS REGISTRY

Located in the American Embassy compound, Gate D. It is a source in New Delhi to help find household staff, which has experience in foreign households; open to those holding a foreign passport. You can come by:

- for interviews : Wednesday and Friday 9.30 to 12.00 noon (last interview at 11.45 am)
- for registration : Thursday 9.30 to 12.00 noon (last documents accepted at 10.30 am).

Call for further details or with questions on 419-8000, ext. 4131. If you are leaving and need help writing a reference letter, come by and see us too. We're also looking for expat volunteers to staff the Registry who have had experience with staff themselves and can give good advice.



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## INDIAN BLURBS FROM BUZZ BURZA

### Driven Crazy

Nothing but nothing prepared me for what the gods had in store once I became the proud possessor of a Delhi driving license. As a Yank I have more than a nodding acquaintance with things automotive. In my culture's value-system, being a lousy driver is synonymous with being a lousy lover. I cannot vouch for the latter but after driving accident-free for many lakh kilometres over the years, I consider myself to be at least a safe and hopefully competent wheelsman.

I first was exposed to the vehicular vagaries of this blessed city 30 years ago when the human population was significantly less than half of the current number of registered vehicles. At that time all my wondering eyes could behold was the seemingly maze of traffic that consisted of vast numbers of vehicles be they of the four, three or two-wheeled variety competing with vaster numbers of critters, be they of the four, three, two, one and the odd no legged persuasion. Could I possibly have known.

Last year when I began my career as a licensed party to the unending rally that passes for Delhi traffic, I was a tad apprehensive. I was more than hip to the ins and outs of local street life but if one really wants to be street smart roundabouts, it is mandatory that one becomes a legal player. My biggest fear, what hassles were involved in driving on the road's other side, proved illusionary. I was much too busy worrying about the other guy to be concerned about something insignificant like what side of the car the steering wheel was on. It soon seemed as if right hand drive had been forever.

As the months rolled on, I began to notice, on my part, a begrudging respect for my fellow travellers. To be sure, Delhi has a preponderance of boorish

brutes who aim their jalopies into the void guided by a village-based mindset where nothing moves faster than a cow can run. But for the majority of us, private vehicles are an indispensable tool that today's world demands. Together we daily thread our way through imperial streets designed for the carefree, car free days of yesteryear. Special skills seem to have evolved to ensure the return of cars and their contents intact at the end of each day. Figures show that the murder rate for New York city is substantially lower than the rate of Delhi traffic fatalities. I personally have seen no evidence of such substantial wreck and ruin neither in New York nor in New Delhi. I am sure that authorities are competent at quickly disposing of any tell-tale gore clogging the streets.

My grandfather was in the automobile business in the 1920's and was responsible for teaching countless people over the years how to drive. His only motto was simple : "Look out for the other guy because he will never look out for you". The sad fact is that nobody gets out of this alive.

It behoves all of us to conduct ourselves in such a manner that this inevitable end is not hastened due to some silly move on the part of the ever-growing herd of steel gas-fuelled stallions coursing through our streets. All things considered, it appears that the denizens of Delhi have developed the necessary skills to indeed deliver themselves to their destinations. I take great pride in being a card-carrying member of the drove of Delhi drivers who daily do what I used to think impossible.

*Printed in The Times of India 20/6/1995*

#### Asnwer to Jackie's Quiz from page 14

Adding cold milk to the coffee of course lowers the coffee's temperature. It won't make a difference whether you do this before or after answering the door. But the principles of thermodynamics hold that the cooling process depends on the difference between the ambient temperature and that of the coffee. The greater the difference, the faster the heat loss. Hot coffee will therefore cool down more quickly than somewhat cooler coffee. If you already have made it a little cooler by adding milk, the cooling process will go slower than if you leave it for a few minutes and add cold milk later. Experiments have shown the difference to be almost 2°C over a period of 5 minutes. So answer A is correct.

#### ATTITUDE

Attitudes are more important than facts.

**Karl Menninger**

There is nothing good or bad, but thinking makes it so.

**William Shakespeare**

One of the nice things about problems is that a good many of them don't exist except in our imaginations.

**Steve Allen**

Experience is not what happens to a man; it is what a man does with what happens to him.

**Aldous Huxley**

Nothing has any meaning in life except the meaning we give it.

**Anthony Robbins**



# INDIAN CRAFTS

## DECORATION AND EMBROIDERY

*"You do not find them in imposing structures humming with life and lit by million candle-power lights. They have mostly to be unearthed in twilight corners and humble cottages."*

Kamaladevi Chattopadhyay

FINALLY, there are those crafts which are, quite simply, manifestations of the natural desire to beautify. When skill of a very high order is not necessarily so important as the urge to adorn. The everyday rice patterns on the threshold of houses, for instance. Ordinary village women, not trained artists, deftly painting on the walls of their humble huts. Some genuinely artistic, all quite beautiful.

Are these crafts at all? If craft is about "endowing our daily life with beauty", then yes. Craft has always been no intrinsic to Indian culture that it permeates into practically all aspects of everyday life. Not just reserved for objets d'art in craft shops and museums.

The many ways of decorating are deeply rooted in our past, come down the generations. Which is why they have endured so strongly, for behind them is the confidence of tradition. Floor and wall paintings are folk traditions – interestingly, the exclusive prerogative of women – and usually done to propitiate the goddess Lakshmi.

Festivals and ceremonies see a glorious converging of decorative skills. Homes and temples and streets are adorned with fresh flowers and strings of mango leaves. As much care is taken to bedeck the wedding mandap as the bride herself. Even the bridegroom's vehicle is covered with flowers. Chariots, horses, elephants, camels and bulls, all are dressed for ceremony.

Embroidery in India dates back, as with most crafts, to about the 3<sup>rd</sup> millennium BC. Bronze embroidery needles of that time have been excavated, also figurines wearing embroidered clothes. Ancient Buddhist stupa sculptures also show embroidered textiles. While a lot of the embroidery stitches used in India are similar to those elsewhere in the world, the style is different, varying even within the country from region to region.

Unfortunately, however, both quality and interest in embroidery are on the wane. Needlecraft was once a social affair – women would sit together, sew and chat. Now, with television having penetrated to rural India, it has become a major source of diversion. And the women who once produced such fine work with needle and thread, are content to mass-produce coarser work for tourist markets, for not at all.

Floor designs on the threshold are a good omen, saying all is well within. Kolam in Tamil Nadu, rangoli in Gujarat, mandana in Rajasthan, chowkpurana in UP, alpana in Bengal - whatever the name, this is a daily morning ritual, made special for festive occasions. Designs are common too. Geometrics, swastika, lotus, fish, leaves, creepers, conch shell, the goddess Alakshmi's footprints, all done freehand. Kolam uses rice powder. The entire design is dotted out, then joined up. It is believed that to keep out evil spirits there should be no loose ends. Mandana is done with white lime paste, alpana uses rice paste. Soaking a rag with it, the paste is made to trickle down the finger tracing out the pattern. Gujaratis do bright decorations using coloured powder.

Torans strung over the entrance are auspicious. The simplest ones are of mango leaves strung together. They could also be of fresh marigolds, palm leaves, banana leaves and stem, or silver foil embossed with pictures of gods. The prettiest ones are the embroidered torans of Gujarat. Long panels with pennants to simulate mango leaves are colourfully decorated with mirrors and beads. To match these are embroidered chandrawas which hang on walls, and chaklas to be strewn over furniture.

A bride is traditionally adorned with sola shringar – sixteen ornamentations covering her from top to toe. Jewellery, naturally, but equally fascinating are the other beauty traditions. Hands and feet are covered with delicate patterns in mehndi (henna). Its leaves are crushed into a paste, gently squeezed through improvised tubes onto the skin, dried for a few hours and then washed off, leaving behind rich orange imprints that last for days. Tattooing is a popular folk craft, especially among tribals.

The delicate chikankari of Lucknow (UP) is said to have been introduced by empress Noor Jahan, possibly inspired by Turkish work. It is done with untwisted white thread on fine cloth in white or pale shades. The most typical is bukhlia or shadow work. Jaali is pulled-out work with a trellis effect, katao is cutwork appliqué, and tepchi a reversible long stitch.

*Taken from The Tulika Diary of Indian Crafts Celebrate India 1999*

**The deadline for the March Newsletter is Thursday, March 9**



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